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ABSTRACT

The purpose of this publication is to encourage and enhance the participation of American Indian and Alaska Native athletes in organized sports at the secondary, collegiate, and professional levels. Profiles are given of 37 young Native American women and men who are succeeding in competitive athletics, as well as in the classroom. One page is devoted to each profile, which includes a picture, a quote from the athlete, and a description of the athlete's athletic and scholastic accomplishments and awards. A sidebar on each page lists the athlete's tribe, sport, school, and professional team, where applicable. Also included are a list of 13 benefits that can be derived from participating in sports, a two-page profile of Southwestern Indian Polytechnic Institute's cross-country and marathon programs, a profile of the United National Indian Tribal Youth basketball team, and a four-page guide on nutrition and fitness. (TD)

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ED 402 133

GIVE IT YOUR BEST!

Profiles of Native American Athletes

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Dedication

UNITY dedicates this publication to all Native Americans who have paid the price to participate and succeed in collegiate or professional sports. Native Americans have made great contributions in sports. Among the best known are Olympic heroes Jim Thorpe and Billy Mills. Another is Sonny Sixkiller who was featured on the cover of *Sports Illustrated* as quarterback of the Washington Huskies.

Andy Payne

UNITY would also like to pay special tribute to the memory of two Native Americans who continue to serve as role models for today's young athletes. Andy Payne and Allie Reynolds excelled in their sports and were special friends and supporters of UNITY.

Andy Payne, an Oklahoma Cherokee, won the transcontinental footrace known as "The Great Coss-Country Marathon Race" that marked the opening of Route 66 in 1928. It was a race from Los Angeles to New York City. After wearing out five pairs of shoes and running for 3 1/2 months covering 3,422.3 miles, Payne won the race in 573 hours, 4 minutes and 34 seconds. Payne became a national hero. He earned a law degree from Oklahoma City University and served over 40 years as Clerk of the Oklahoma Supreme Court.

Allie Reynolds

Allie Reynolds, a Muscogee Creek, was known as one of the finest pitchers in the Major Leagues. He gained national prominence as a pitcher for the New York Yankees during their early 1950s dynasty. In 1951, he received the Ray Hickok Award which honored the top professional athlete of the year. Also a football and track standout, Reynolds was a champion on and off the field. A success in the business world, he served many years as Treasurer of UNITY's Council of Trustees.

Introduction

United National Indian Tribal Youth, Inc. (UNITY), strongly believes in the need for more Native American participation in sports. The primary purpose of this publication is to encourage and enhance the participation of American Indian and Alaska Native athletes in organized sports on the junior high, senior high, collegiate and professional levels. Today, there are too many talented Native athletes watching from the sidelines instead of participating in sports. UNITY hopes the young women and men listed in this publication will serve as mentors and role models to young, aspiring athletes. UNITY also believes that participating in sports builds such human qualities as character, discipline, dedication and teamwork. These qualities are necessary for any Native person to be a productive part of one's tribe, community and nation.

The following pages profile several Native American athletes who have put in the necessary time and effort, not only in training but the classroom as well, to succeed in competitive athletics. UNITY also is aware that there are many Native athletes not listed in this publication who are currently competing in collegiate sports.

It is our hope that you, the young prospective athletes, will read these profiles and follow the training and nutritional tips. Hopefully, you will be inspired to put forth the necessary efforts and sacrifices to succeed in the sport of your choice.

Earn a starting position on your team. Help lead your team to the state championship. Be the next Native American athlete to earn a scholarship. Start running that extra mile. Lift that extra set. Stay after practice and work harder to improve. Eat the proper diet. Avoid the negative influences.

Remember, college scholarships are available for those who "pay the price." Will you be the next Native American to sign a professional contract? And who among you will be representing the United States in the 2000 Olympics?

Keep us posted about your success in sports for possible inclusion in future UNITY publications. Native America is pulling for you!

Addresses

National Collegiate Athletic Association (NCAA)
6201 College Boulevard
Overland Park, KS 66211-2422
Phone: (913) 339-1906

National Association of Intercollegiate Athletics (NAIA)
6120 S. Yale, Suite 1450
Tulsa, OK 74136
Phone: (918) 494-8828

National Junior College Athletic Association (NJCAA)
P.O. Box 7305
Colorado Springs, CO 80933-7305
Phone: (719) 590-9788

Native American Sports Council
1032 Calledon Roberto
Santa Fe, NM 87501
Phone: (505) 474-7791

National Indian Athletic Association (NIAA)
4084 Ibex
Salem, OR 97305
Phone: (503) 390-4245

Wings of America
801-J Griffin St.
Santa Fe, NM 87501
Phone: (505) 982-6761

President's Council on Physical Fitness and Sports
701 Pennsylvania Ave. NW,
Suite 250
Washington, DC 20004-2608
Phone: (202) 282-3421

U.S. Department of Housing and Urban Development
Office of Native American Programs
Attn: Youth Sports
451 7th St., SW
Washington, DC 20410
Phone: (202) 755-0032

Give It Your Best!

"Give It Your Best" and you can benefit from participating in sports.

- Gain self-respect
- Meet new friends
- Live a healthy lifestyle
- Learn the value of teamwork
- Gain self-descipline
- Build self-confidence
- Set goals
- Learn how to plan and strategize
- Gain leadership skills
- Strengthen your character
- Learn perseverance
- Be in a postive environment
- Challenge yourself to excel at a higher level

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Ryan Aduddell

"Stay in school, stay off drugs and try to live a good Christian life."

As a senior at Oklahoma City University, Ryan Aduddell started all 38 games and helped lead his team to the 1995-96 NAIA National Championship. He was named NAIA Division I honorable mention All-American and selected to the Sooner Athletic All-Conference team. He led OCU with 4.4 assists per game.

As a junior, Aduddell was honorable mention All-Conference. That year, OCU had an overall record of 30-3 and advanced to the quarterfinals of the 1995 NAIA Division I Championships and won the Sooner Athletic Conference.

Aduddell attended Moore High School where he was named All-American in football and All-American honorable mention in basketball.

At the 1996 National Indian Athletic Association Basketball Championships, Aduddell was a member of the UNITY team that went 5-0 through the winner's bracket and won the championship title.

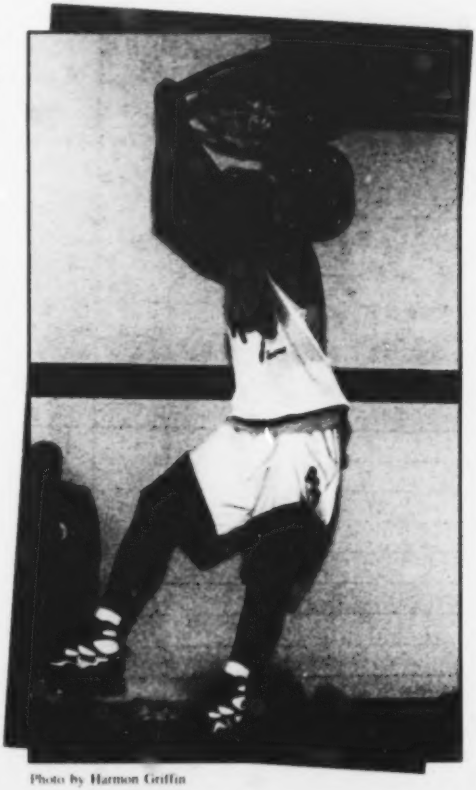


Photo by Harmon Griffin

Nana Allison

Nana Allison is one of four New Mexico products on this year's roster for the University of New Mexico women's volleyball team. She was a two sport athlete at Farmington High School where she lettered in volleyball and basketball. She was on several all-state teams as a prepster.

Allison was named to the Navajo Nation Super 12 team in 1994-95 and earned the Joey Whittenburg Memorial award for scholastic achievement in 1991-92. She was named to the Who's Who in sports in 1994-95.

Allison enjoys playing and collecting violins. She plans to major in mathematics.

Honors/Awards

- 1992-93 and 1994-95: FHS All Tourney
- 1994-95: New Mexico's All-District
- 1994-95: New Mexico's North-South All Star Team
- 1994-95: East-West All Star Team
- 1994-95: International All Star Team

"Ever since I was little, I could hear my brother and sisters chanting: 'You can do it!' Growing up with this statement in the back of my mind made me believe, 'I can do anything.' Believe in yourself and anything and everything is possible."

Rynel di Becenti

"It's up to each individual as to his or her success, so set high goals and be focused on what you want in life."

An extremely gifted player who has been known to electrify crowds with her pin-point passing, Rynel di Becenti began her pro career with the Solna Vikings in Sweden. During her rookie year, Becenti averaged 12 points, seven assists, four rebounds and three steals per game. "It was a great experience for me to have played overseas," Becenti said of playing with the Vikings.

Becenti plans to try out for the women's pro league in the states this summer as well as graduate from Arizona State University with a degree in sociology. At ASU, Becenti was named All-America, honorable mention by *Basketball Times* and Scripps-Howard. She was twice named to the All-Pac-10 Conference Team. Becenti broke the school's individual, single game assists record and the Pac-10's record with 17 assists. Before playing at ASU, Becenti attended Scottsdale Community College in Arizona where she was named the state's player of the year.

Honors/Awards:

- 1996: American Indian Athletic Hall of Fame Inductee
- 1995: Gold Medal Team, Team Arizona, Indigenous Games
- 1993: Member of the World University Team
- 1993-1995: Three-Time National Indian Athletic Assoc. Champion

Bob Bennett

Bennett is determined to play major league baseball and he is moving his way up by playing professionally in the minor leagues with the Huntsville Stars (Class AA) in Alabama. During the 1996 season (as of the end of June), Bennett had pitched in 15 games, with a win-loss record of 1-1, an ERA of 4.75 and 34 strikeouts.

A right hand pitcher who played for Dartmouth, Bennett was drafted after his junior year by the Oakland A's in 1992. At Dartmouth, Bennett earned Ivy League conference honors by twice being named 1st team all conference and once to the 2nd team. Bennett has since returned to Dartmouth to complete his studies. He earned a bachelor of arts degree in government, with a minor in Native American studies.

Bennett grew up in Rapid City, South Dakota. He attended Rapid City Central where he played football and basketball. Bennett played American Legion Baseball for four years, receiving all state honors during two of those years.

In addition to his love for baseball, Bennett is a grassdancer and loves to go to powwows.

"Be proud of who you are. Know everything about your heritage and the dances and songs."

Daniel Bero Jr.

"Strive to be the best that you can be, never settle for second best. You should always push yourself to the limit because if you don't push yourself, who will? Make it happen!"

A junior at Hartwick College, Daniel Bero plays for the varsity field lacrosse team. As a sophomore, Bero finished off the season by scoring 11 goals and two assists. He helped lead Hartwick College to a fourteenth place national ranking. Bero saw limited playing time during his freshman year. However, he ended the season by scoring five goals, with one of those being his most memorable of his career during a NCAA quarter-final playoff game against the No. 2 ranked team in the nation. Hartwick finished seventh in the nation in Division III lacrosse that year.

During the summer of 1996, Bero made the Iroquois National field lacrosse team, which will represent its nation in Tokyo, Japan in the Junior World Games Under 19 team.

Honors/Awards

- 1996: Iroquois National World Under 19 Team
- 1996: Akwesasne Lightning Jr. B Box Lacrosse Team, Bronze Medalists in the Canadian Junior B National Tournament
- 1996: Voted Best Defenseman , Akwesasne Lightning
- 1995: MVP, Hartwick College Junior Varsity Lacrosse Team
- 1994: Male Native Athlete of the Year, General Vanier Secondary School
- 1993: Most Improved Player, General Vanier Lacrosse Team

Stephen Burcham II

Stephen Burcham, known to his friends as "Bubba," has been recruited by the University of Oklahoma to play football for the Sooners during the 1996 season.

Burcham is a talented athlete, receiving numerous awards in both football and track. At Mustang High School, he played offensive line, defensive line, defensive end and deep snapper. His talent landed him on the *USA Today* Blue Chip and *The Daily Oklahoman* Blue Chip lists. Burcham was named to the All-Conference and All-District teams. He led his team in sacks and tackles, and served as team captain in 1995. He was also selected to the U.S.A. All-Stars Down Under Bowl Team and winner of the Dennis Byrd Award.

In track, Burcham was a state qualifier for the shot put and discus. He was All-Conference and All-District in 1994-95, and two time regional runner-up.

Burcham was named Most Outstanding Academic Athlete for 1995-96 at his high school, which is the highest honor one can receive at Mustang. He was also voted Favorite Senior Outstanding Athlete. In addition to sports, Burcham was also involved in Future Farmers of America, the Native American Club and Fellowship of Christian Athletes.

"I play football and people usually see football players as people who party and drink, but you don't have to always follow the crowd."

J.R. Camel

[redacted] runnerup for Big Sky Conference "Outstanding Freshman Award" in 1994-95, J.R. played in all 30 games, starting twice. Despite averaging 16 minutes a game Camel was ranked third in the league in steals with 59, averaging 2.0 a game. He was the Grizzlies sixth leading scorer, averaging 6.6 points a game.

Photo by Todd Goodrich

In 1993-94, Camel was one of six redshirts for a Grizzly team that went 20-8 and finished in a three-way tie for second place in the Big Sky Conference regular-season standings. That same year, Camel also competed for the Grizzly track & field team, and triple jumped 47'-3.5" for a first-place finish. He also finished third in the high jump, leaping 6'-3". Camel also did well in school, earning a 3.0 GPA in Native American Studies.

Camel played for one of the few undefeated "AA" high school teams in Montana prep history, as the local Hellgate High School Knights went 23-0 in 1993. As a senior, Camel was Montana's Prep Player of the Year, first team All-State, a BCI All-American and a McDonald's All-American. That season he averaged 20 points, 6 rebounds, 5 assists and 4 steals a game.

"Athletics can give you the opportunity to pursue a college education. Because of basketball I'll have a college degree, and I think I'll be able to help young Native Americans attain their goals through athletics."

Phillip Castillo

"Running has opened a lot of doors for me. Now my mission in life is to open more doors for younger Native Americans."

From 1990-93, Phillip Castillo earned nine All-American honors in cross country and track. During that time he finished in the top ten in every event he competed in. In 1992, Castillo was the NCAA, Division II National Cross Country Champion. He is the first Native American to win a collegiate cross country title. Castillo is currently a member of the Reebok Racing Club.

During high school, Castillo was a two-time state AAA track champion in 3200m (9:48) and 800m (1:57). He was also a two-time AAA cross country champion, setting a state record of 15:33. He was a high school All-American (15:19) and finished 8th in the Kinney Cross Country Championships in 1989.

Photo by Patti White

Honors/Awards

- ❒ [illegible]ne-time All-America Runner in Cross Country and Track
- ❒ 1995: National Student-Athlete Day Giant Steps Award, Courageous Male Student-Athlete
- ❒ 1992: NCAA Division II National Cross Country Champion
- ❒ 1990: Graduated Top 25% of high school class, with GPA of 3.24

Tribe: Acoma Pueblo
Sport: Cross Countr & Trac
College Adams State Colleg

Angie Castonguay

"Success in any sport is loving what you do...and sharing your experiences with others who are hoping to be where you are today."

Angie Castonguay is a member of the Boise State University gymnastics team where she competes in the handspring-front vault. At 4'11", she is strong on the vault and floor which are her favorite events. In 1995, her averages were 9.363 on vault and 9.093 on floor.

Castonguay graduated from Hellgate High School where she was a member of the honor roll and received academic awards in English and science. She trained at the Bitterroot Gymnastics Academy where she won the Bitterroot Gymnastics Club Award-Outstanding Athlete in 1994. She was the state bars champion for six straight years. Gymnastics has taught her responsibility, courage and determination, as well as valuable lessons in achievement and goal setting.

Honors/Awards

- 1994 and 1991: Montana Gymnastics All-Around Champion
- 1994: Gymnastics Regional Qualifier, Hawaii
- 1994 and 1993: Who's Who Among American High School Students
- 1992: Gymnastics Regional Qualifier, Seattle
- 1991-1994: Montana Uneven Parallel Bars Champion

David Factor

David Factor came to the University of Central Oklahoma as a true freshman and ended up starting 22 of 29 games in 1995-96 for the NCAA Division II powerhouse Bronchos. Factor, a 5-11, 160-pound product of Edmond North High School, averaged 7.0 points, 4.7 assists, 4.0 rebounds and 1.6 steals a game for UCO, which finished 19-10 and won its fourth straight NCAA Division II team scoring title with a 101.1 points per-game average.

David had five or more assists in 15 games with a high of 10 and finished third in the Lone Star Conference in that category. He scored in double figures seven times, topped by a 25-point outing against Cameron on Feb. 6 with Factor hitting 9 of 16 shots, including four 3-pointers.

An excellent all-around athlete and an intelligent player who makes the right decisions on the court, Factor improved steadily during the course of the season and the Bronchos are expecting big things from him in the future.

Factor was a three-year starter at North High School in Edmond, averaging nine points, five assists and three steals a game as a senior. He was also a three-year standout in cross country and track at North, helping to lead the Huskies to the Class 5A state title.

Greg Factor

A leader on the court, Greg Factor was named team captain for Southern Nazarene University during his junior and senior years. In 1992-93 and 1993-94, he was selected All-Conference and led his team to the Sooner Athletic Conference quarterfinals.

During his college career at SNU, Factor averaged 13.2 points, 4.4 assists and 4.3 rebounds per game.

A quick guard with great jumping ability, Factor is a member of the UNITY team that won the 1996 National Indian Athletic Association Basketball Championships in Phoenix, as well as the gold medal during the 1995 North American Indigenous Games in Blaine, Minn.

At Holdenville High School, Factor earned MVP conference honors and was named 1st team All-Conference. In addition to basketball, he also competed in track and earned All-State honors by winning the mile run during his junior year.

"Keep trying and never give up, no matter how tough things get."

Paula Feathers

ming off a redshirt season Paula Feathers, from Zuni Pueblo in western New Mexico, will compete for playing time as a hitter. She could possibly be the first Native American to play Division I volleyball, which is to date, her biggest thrill in competitive athletics.

In high school, Feathers was a two-sport letter winner, having competed in both volleyball and basketball. She was the New Mexico State AAA Player of the Year in volleyball as a senior at Zuni High School. Feathers was a four-time All-District and a two-time All-State Second Team player. In 1992, she was a member of the Sun County Regional team in Junior Olympic competition. She was also a three-time All-District player in basketball.

Feathers enjoys reading and playing basketball and volleyball in her spare time. She plans to major in biology.

"To be successful one must have a goal, a dream. This dream has to have the devotion of one's heart and soul. Intense determination and desire are two characteristics that, if strong enough, can carry one through the obstacles and challenges that life presents. Believe me, the greatest feeling in the world is when one achieves their goals."

Santana Genia

Santana Genia will be playing at the University of Indiana-South Bend during the 1996-97 season on an athletic scholarship, following a redshirt season at Central Michigan (1995-96). He is a versatile performer who can play both forward and center. He jumps well and is quick off his feet, which combines for a good shot blocker.

Genia played for Ferris State University as a freshman and sophomore. During the 1993-94 season, Genia averaged 5.5 points and 3.7 rebounds per contest in 23 outings.

Photo courtesy Muskegon Chronicle

In high school, Genia garnered first team all-conference recognition at Grand Haven during his senior year and led his school to a district championship, averaging 15.0 points and 8.0 rebounds a game. Genia also participated in the M.C.C. All-Star Game during his final prep campaign. He was selected as the school's scholar-athlete and lettered three years in basketball, two in football and one in tennis.

Genia is business education major. He is also a grass dancer.

"Sports keeps me healthy and away from drugs and alcohol. I know this will help me lead a more productive life."

Rusty Gillette

Rusty Gillette graduated in 1995 as Co-MVP of the University of Mary Basketball team. He was a two-time All-Conference selection during his career. According to head basketball coach Jim Feeney, "Gillette was one of the smartest guards to play in the region and was a fantastic player at the NAIA level."

During the 1992-93 season, he led the University of Mary in three-point field goals with 55 and assists with 79 and was second in steals, after leading the team in that category as a freshman with 44. Gillette was 4th in the NDCAC in assists with 3.9 per game, and was 4th in three-point field goal percentage, shooting 46.7% from beyond the arc.

During the winter months, Gillette plays guard for the Dakota Wizards professional basketball team of the International Basketball Association.

Mitzi Groves

A model student-athlete, Groves was among the top NAIA pitchers in the nation and was also one of OCU's best students in 1995-96. The Mustang High School product was one of two pitchers who carried the Chiefs to the 1996 NAIA national championship. It was the third straight crown for OCU. She threw three no-hitters during the year, one in the quarterfinals at nationals.

Photo by Sherry Kast

Groves was also an important member of the 1995 national title team although she was unable to compete at nationals that year because of injury.

Her academic credentials are equally impressive. The accounting major, who completed her junior season in 1996, has posted a cumulative grade point average of 3.67. She was named OCU's top accounting student in 1995-96.

Honors/Awards

- 1996: Second-Team NAIA All-America
- 1996: NAIA All-America Scholar Athlete
- 1996: Second-Team GTE Academic All-America
- 1996: GTE Academic All-District VI
- 1995 and 1996: All-Southwest Region
- 1995 and 1996: All-Oklahoma Section

"Playing softball has helped me in many ways. It's helped me get a college education that will be of value to me the rest of my life. I encourage anyone interested in sports to give it their best."

Gwynn Hobbs

"Life is not a spectator sport. It requires participation, enthusiasm and a healthy lifestyle."

Gwynn Hobbs enjoyed a great college career at the University of Nevada-Las Vegas. She appeared in all 112 career games and is UNLV's sixth all-time leading scorer with 1,492 points (13.3). She ranks second all-time with 588 assists. She is UNLV's all-time leader with 210 3-point goals and 519 3-point goals attempted (.405). She made at least one 3-pointer in 93 of 112 career games. Prior to the 1994-95 season, Hobbs was a pre-season All-America Honorable Mention by *Street & Smith*.

As a junior, Hobbs was named first-team All-Big West Conference and was most valuable player of the Showboat Shootout. She was also named MVP of the Big West Tournament. During the 1992-93 season, she was named second-team All-Big West Conference and was a member of the West team in the 1993 U.S. Olympic Festival in San Antonio, Texas. In 1991-92, Hobbs was named to the Big West Conference All-Freshman team.

In high school at the Navajo Academy in Farmington, N.M., Hobbs was a two-time Class AA Player of the Year. She has a long list of credentials that include *Parade* Magazine All America, *USA Today* All-America honorable mention and most valuable player of the New Mexico State Tournament. Hobbs was also All-conference first team for her entire high school career.

Vanessa Hoover

Vanessa Hoover has been a solid contributor for New Mexico during her first three years as a Lobo. She will be a senior leader during the 1996-97 season and had a fundamentally sound year as a junior. In 1994-95, Hoover played in all 27 games as a sophomore. Hoover shot 45.7 percent from the field during the 1994-95 campaign hitting 24-55 from the field.

Hoover is "the best handling and passing point guard I've ever coached," said her Aztec High School coach Al Torske. As a senior at Aztec High School, Hoover was the Most Valuable Player. Hoover averaged 14.6 points per game and 5.8 assists per game at Aztec High School.

Prior to attending Aztec High School, Hoover was an AA three-year All-Region and All-State honoree at Navajo Academy. She was a member of the New Mexico State Champions as a sophomore. Hoover also earned All District honors for two years.

Photo by David M. Benyak

Hoover enjoys fry bread, hanging out with friends and playing basketball in her spare time. She is majoring in health education.

Alysia Joe

"I want to encourage Native American student-athletes to strive toward their goals and to keep their priorities in the right order so they can have a successful college experience as well as a lifelong experience."

She completed her collegiate career at Oklahoma City University after transferring from Scottsdale Community College where she helped lead her team to a fourth-place finish at nationals in 1993 and a fifth-place finish in 1994.

The Window Rock High School (Ariz.) product skillfully handled her assignment as point guard of the Lady Chiefs during a rebuilding phase at OCU in 1994-95 and 1995-96. Her tenacious play established her as one of the most competitive players in the conference.

Having married OCU baseball player Todd Seigler earlier in the year, Joe graduated with a degree in criminal justice in May.

Honors/Awards

- 1994-95: Honorable Mention, All-Sooner Athletic Conference
- 1992-93: All-Arizona Community College Athletic Conference
- 1993-94: All-Arizona Community College Athletic Conference

Dolly Johnson

Johnson proved to be an impact player for Oklahoma City University in 1996, helping lead the team to an unprecedented third consecutive NAIA national championship. The Tulsa Union High School product was one of the top pitchers in the nation and led OCU in victories, innings pitched, strikeouts and earned run average. She also tossed five no-hitters during the 1996 season which she completed as a redshirt freshman.

Johnson sat out the 1995 season as a redshirt, but she has established a career pathway which could lead to her becoming the most decorated athlete in OCU history. Although undecided on a major, Johnson performed well in the classroom during her first two years at OCU.

Honors/Awards

- ☐ 1996: First-Team NAIA All-America
- ☐ 1996: All-Tournament, NAIA Championships
- ☐ 1996: All-Southwest Region
- ☐ 1996: All-Oklahoma Section

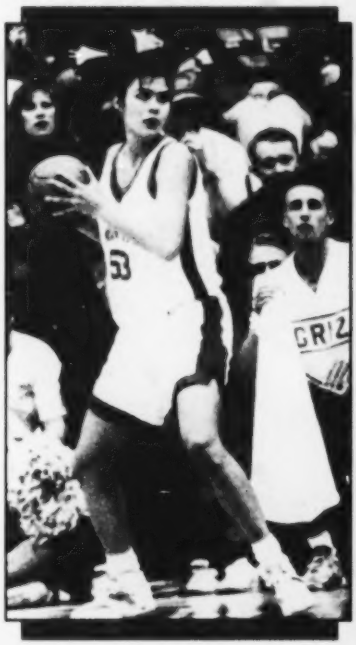
"There is a time and place for everything."

Photo by Sherry Kast

Malia Kipp

"Competing in college athletics allows you to challenge yourself everyday. Not only do you have the opportunity to get a degree, but you learn to be a better person with more responsibility. College athletics can take you places you've never been before, and it helps you become a better role model."

Malia Kipp earned Big Sky all-conference honorable mention honors this year after starting nearly every game. At the end of her senior season she was tabbed Montana's Most Improved Player for a team that went 24-5 and advanced to the NCAA Championship for the 11th time in 14 years.



As a junior during the 1994-95 season, Kipp saw time in all 33 games and started in 11. She averaged 3.4 points and 3.3 rebounds and led Montana in free-throw percentage (.767). In 1993-94, Kipp was activated from what was supposed to be a redshirt season. She saw time in 26 games as a sophomore, averaging 14 minutes per game. She had 21 blocks and averaged three points and 2.7 rebounds per game. During 1992-93 in 16 games as a true freshman, Kipp averaged 10.5 minutes per game and averaged three points and 2.6 rebounds per game.

Kipp was a four-time team MVP at Browning High School. Her team won the Northern "A" Conference title in both 1990 and 1991. Kipp was a four-time all-conference and three-time all-state player. She was also a four-year letter winner in both volleyball and track & field.

Butch Lincoln

Butch Lincoln was a key member of the 1995-96 University of Alaska Anchorage men's basketball team that earned a share of the Pacific West Conference title and claimed its ninth bid to the NCAA Division II Tournament since 1982.

Lincoln played in all 28 games last season, starting 27, as UAA posted a 19-9 overall record and a 9-3 mark in the Pac West. He led the team in three-point field goal percentage, hitting 47 or 108 attempts for a stellar 43.5%. That mark was also good for second place in the Pac West statistics. In addition, the 5-6 guard was second on the team with 102 assists and that average of 3.6 per game ranked ninth best in the conference.

Lincoln appeared in 27 games during the 1994-95 campaign, starting three. He averages 2.4 points per contest while dishing out 81 assists, good for fourth on the team. He was also selected to the Pacific West Conference All-Academic Team.

Lincoln concluded his prep career at Kotzebue High School as one of the state's most successful players. He led his team to two regional championships. Twice he was named First Team All-Alaska and he received notice on seven all-tournament teams, including three MVP awards. He was also regional cross country champion in 1990.

Jesse McLaughlin

Jesse McLaughlin continues the tradition of outstanding Native American players at the University of Mary. McLaughlin averaged 10 points per game during the 1995-96 season and is one of four returning starters. He has been named team captain by his teammates for the 1996-97 season.

McLaughlin was an All-State performer at Fort Yates High School. He went on to play two seasons for the highly successful Bismarck State College program. He's an explosive player who is also a strong penetrator who can hit the perimeter three.

"McLaughlin is a natural leader, great defensive player and an outstanding young man who our university is very proud of," said head basketball coach Jim Feeney.

Gregory Maddox

redshirt freshman at James Madison University, Greg Maddox is expected to play behind senior Willie Gonzales as JMU's top quarterback reserve. He had a solid spring practice period when he developed in his understanding of the JMU system and in leading the team's offense. In the Duke's spring game, Maddox completed four of 11 passes for 57 yards.

Maddox was offensive player of the year for the Group AAA Northern Region and Liberty District as a senior in high school. He quarterbacked on the Washington D.C. area's Golden Eleven all-star team, was second-team all-metro, and threw for 1,060 yards and 12 touchdowns while running for nearly 600 yards and 18 scores. He led Fairfax to a 10-2 record and to district and regional titles and was selected for the Virginia all-star game. Maddox was named most valuable player as a junior.

Maddox was selected first-team all-district and second-team all region in baseball and first-team all-district in basketball. He played on the district championship baseball and 23-3 basketball teams as a high school sophomore.

Robert Shawn Martin

Robert Shawn Martin earned national recognition for his skills in the steeplechase. He obtained All-American status in 1991 when he finished eighth in the steeplechase at the NCAA Division III Championship Track and Field meet, running the 3,000m in 9:13.2.

Also during his senior year, Martin placed second in the New York Division II Indoor Championships and won the New York Division III Outdoor Championships. He was nominated for Senior Athlete of the Year, was MVP of the Outdoor Track and Field Team and served as captain of the Hartwick Cross Country, Indoor Track and Outdoor Track and Field teams.

In 1989 and 1990, Martin placed third both years in the New York Division III Outdoor Championships in the steeplechase.

Martin graduated in May 1991 from Hartwick College with a bachelor of arts degree in biology. Since graduation he has been invited to numerous USA Track & Field meets. Martin was invited to the U.S. Olympic trials this summer in Atlanta.

Sharon Deon Max

"Competitive sports helps build self-esteem, and helps to achieve your goals. It also helps a person to grow and learn vital skills needed in the real world. It has helped me to get ready to follow my dream of playing college basketball, and most importantly, receiving a college education."

Sharon Deon Max is proud to have been a member of the Kirtland Central Varsity Basketball team for three years. During this time, she accomplished many goals as an individual and as a member of the team. The greatest achievements of her high school career were winning three State Championship titles (1993-1994, 1994-1995 and 1995-1996). During the same period, she also helped lead her high school to three IAAA District Championships.

Max achieved many basketball honors in high school. During her senior and junior years, she was named All State and All District, as well as made the Farmington Invitational All Tourney Team and *Navajo Times* All Area 1st Team. In 1996, she was named to the New Mexico North-South All Star Team and the *Navajo Times* All Star Team. During the 1994-1995 season, Max also earned a spot on the Grand Junction Invitational All Tourney Team.

Because of her outstanding high school career and dedication to a healthy lifestyle, Max now has the opportunity to play basketball for Eastern New Mexico University on an athletic scholarship.

Canonchet Neves

"If it is to be, it's up to ME!"

With the goal of playing in the NBA, Canonchet "Notch" Neves truly believes his future as a professional basketball player is up to him. In 1995, this former University of New Mexico Lobo played professionally in New Zealand for the Nelson Giants.

At UNM, Neves led the Lobos to the NCAA Tournament in 1994. He was a starting forward, averaging 14 points and 5.6 rebounds per game. He is a versatile performer who can play the game inside or out, and is only the fifth player in Lobo history to make seven 3-pointers in one game. During Neves' senior year, the Lobos were Western Athletic Conference Champions. Before attending UNM, Neves played for Detroit Mercy.

Neves is a popular speaker among Native American youth and has served as a keynoter at several UNITY conferences. He is an individual member of the UNITY Network. Neves is also a member of UNITY's basketball team promoting healthy lifestyles free from alcohol and drug abuse.

Honors/Awards

- 1996: National Indian Athletic Association (NIAA) Basketball Championship Team
- 1996: NIAA Basketball Championship Tournament MVP

Jason Prokopetz

As a junior next season, Jason Prokopetz will serve as team captain of the Michigan Tech University Hockey Team. According to Assistant Hockey Coach Ken Martel, Prokopetz will compete in hockey at the professional level following his college career.

In 1995-96, Prokopetz helped MTU to an 18-18-6 record and the school's first-ever trip to the Western Collegiate Hockey Association Final Five Championship game. During that season, he recorded seven goals and three assists in 31 games played. As a freshman, he played in 35 of the team's 39 games.

Prior to arriving at MTU, Prokopetz spent three seasons playing for the Melville Millionaires of the Saskatchewan Junior Hockey League. He was named to the All-SJHL First Team. In 1992-93, Prokopetz helped lead the Melville Millionaires to the SJHL Championship.

Honors/Awards

- 1995-96: Western Collegiate Hockey Association All-Academic Team
- 1995-96: 3.44 GPA in Civil Engineering

"With the ever-increasing popularity of college sports, there are numerous opportunities given to young men and women each year to compete at the high level of college athletics. Not only does college sports allow you to meet a wide variety of people, travel the United States, and get an education, but you get to have fun playing a sport you love."

Mickey Replogle

"I encourage any high school athlete to pursue college athletics and/or scholarships as they not only pay for college education, but provide a way to stay involved with sports that are interesting and fun."

Mickey Replogle played for Northeastern State University on a four-year basketball scholarship, where he was named honorable mention All-Oklahoma Intercollegiate Conference.

He graduated from NSU in 1994 with a bachelor of science degree in education and is presently teaching science and coaching basketball at Wagoner Public Schools which has a high percentage of Native American students.

At Catoosa High School, Replogle was an Oklahoma All-State player and conference co-player of the year. He also made the Oklahoma All-District, All-Rogers County, All-Metro and Metro Lakes Conference teams.

Honors/Awards

- Graduated Salutatorian of Catoosa High School
- National Honor Society, 4 years
- Superintendent's Honor Roll, 4 years
- Academic All-American
- Who's Who Among American High School Students
- Voted "Most Friendly" of Senior Class
- President, Fellowship Christian Athletes

Chance Rush

At Oklahoma Baptist University, Chance Rush is a three time All-America and two-time NAIA National Champion. He is ranked fifth in the nation in the 1,500m. In 1996, he was a member of the NAIA National Runner-up team. He led OBU's distance medley relay to a national championship finish, setting a national record. Rush was also a member of the 3,200m relay team which won a national title. He was 6th in the championship in the 1,000m run.

At Enid High School, Rush was as high as 7th in the mile and 15th in cross country in the nation. He was the 1,600m state champ and outdoor 3,200m state champ. In 1993, Rush's was an All-Star Cross Country state champ. Also in 1993 and 1992, he was the state champion in the outdoor 3,200m. He was the indoor 3,000m state champ in 1991.

Rush's goals are to live for Jesus every day, be a good influence for Native Americans, help his tribe and be a member of the 2000 Olympic team.

Honors/Awards

- At OBU: 3 time All-American and 2 time NAIA National Champion
- In high school: 6 time 5A Oklahoma State Champ and Cross Country All-American

"It's important for Native Americans to work extra hard, and accomplish their goals for two reasons. One, to give back to their Native brothers and sisters, and two, to set an example for others."

Chris Sherron

"Sport is a means of gaining an education."

A dangerous left-handed hitting first baseman, Chris Sherron was an important part of Oklahoma City University's top 25 finish in 1996. The Phoenix, Arizona product also enjoyed an outstanding season in 1995, leading the Chiefs in runs batted in with 59.

Sherron began his college career at Yavapai College where he helped lead the team to a NJCAA national title as a freshman in 1993.

Sherron stayed on track academically throughout his college career. He is slated to graduate with a degree in physical education in December of 1996.

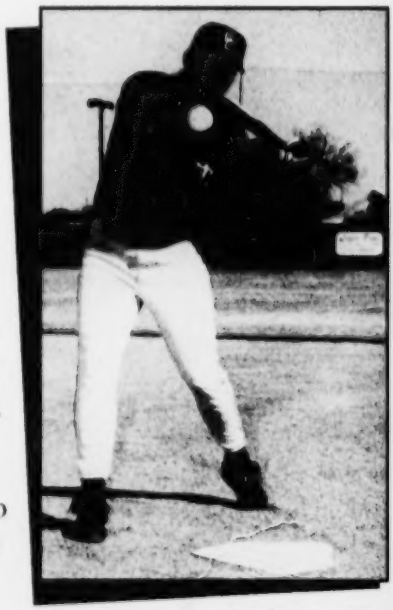


Photo by Jerry Stewart

Honors/Awards

- 1995: Honorable Mention All-America
- 1995: All-Great Plains Region
- 1995: All-Sooner Athletic Conference
- 1994: All-Region I
- 1994: All-Arizona Community College Athletic Conference

SIPI

Southwestern Indian Polytechnic Institute (SIPI) started its running program at the club level in the fall of 1990. By the end of the Spring of 1991, SIPI joined the National Junior College Athletic Association (NJCAA) and has since become one of the most consistent and impressive distance running programs on the junior college level.

In SIPI's very first National Championship appearance, the team finished 5th in the Marathon. In the years to follow, the SIPI men's teams have overwhelmed other junior colleges in the Association by winning 2 national team titles along with 4 national runner-up titles and a third place finish from the fall of 1993 to the present. Individual honors include four individual National Champions and 11 runners receiving 19 All-American awards.

In 1993, SIPI was represented by one individual female runner, Elvorah Shebala, who was awarded All-American status. Her participation was instrumental in creating interest from other female runners, and SIPI took its first women's team to the 1995 National meet and finished a respectable 10th place.

SIPI National Team Honors

- 1996 NJCAA National Marathon Championships, 3rd place
- 1995 NJCAA DIV II National Cross Country Championships, 10th place (women)
- 1995 NJCAA DIV II National Cross Country Championships, 2nd place
- 1995 NJCAA National Marathon Championships, 2nd place
- 1994 NJCAA DIV II National Cross Country Championships, 2nd place
- 1994 NJCAA National Marathon Championships, 1st place
- 1993 NJCAA DIV II National Cross Country Championships, 1st place
- 1993 NJCAA National Marathon Championships, 2nd place
- 1991 NJCAA National Marathon Championships, 5th place

SIPI National Champions

- Rodney Luppe, 1996 NJCAA National Marathon Championships
- John Tsabetsaye, '94 NJCAA Div. II Natl. Cross Country Championships
- Joey Gia, 1994 NJCAA National Marathon Championships
- Joey Gia, '93 NJCAA DIV II National Cross Country Championships

SIPI All Americans

- Rodney Luppe, Zuni
- Thomas Smith, Navajo
- Zack Collins, Apache/Laguna
- John Tsabetsaye, Zuni
- Sam Butcher, Lakota
- Edmund Francis Jr., Laguna
- Joey Gia, Zuni
- Elvorah Shebala, Zuni
- Benton Yazzie, Navajo
- Tilford Tungovia, Hopi
- Brian Chee, Navajo

"I want to encourage all Native American youth to continue to use their talents by pursuing college athletics. Not all of you will be on a National Championship team, or be a National Champion, however, you can contribute to a college level program. That contribution will make a positive impact on the Native youth who will follow in your footsteps." — Mike Daney, SIPI Coach

Valencia Tilden

"Search your heart for the one true thing that will keep you determined, motivated and hardworking. That one true thing will outlast all the awards which turn to dust and leave you open for truly everlasting success."

Valencia Tilden has enjoyed a great high school career at Gallup High School. She is a three-time all-state runner and a four-time district champion in the mile and two-mile. In 1995, she was the New Mexcio state champion. In 1993 and 1996, Tilden was state champion in the mile and two-mile with a personal best of 5:12 and 11:20.

Tilden has competed in the prestigous Foot Locker Championships in Fresno, California for the past three years. She has also been a member of the Wings of the Southwest running team since 1992. As a runner for Wings, Tilden has participated in the National races at Wisconsin (5th place), Montana (5th place) and Boston (4th place). Tilden also competed in the Junior World Cross Country Trials where she placed 20th overall.

Tilden will attend Cornell University where she'll compete in cross country and track. At Cornell, Tilden plans to major in English with hopes of entering law school.

When she's not excelling as a runner, Tilden is excelling in the classroom. Academically, she has maintained a 3.8 GPA which allowed her to letter academically for the past your years. She's been a Board Scholar for the past four years, and graduated from high school this spring with honors.

Becki Wells

Becki Wells is one of the premier female runners in college track and cross country, winning a total of seven All-America honors. In 1996, she placed 12th in the NCAA outdoor meet in the 1,500m. She also placed second in the 1,500 at the Southeastern Conference outdoor meet. Wells was seventh in the mile run and anchored the sixth-place University of Florida distance medley relay (DMR) to earn two All-America honors at the NCAA Indoor Track and Field Championships. Wells also won the mile run and 3,000-meters and anchored the victorious Florida DMR at the Southeastern Conference Indoor Championships, where she won the Commissioner's Trophy for highest individual point scorer at the SEC indoor meet with 22.5 points.

Wells earned All-America honors in cross country for the second time, placing 12th. She captured her second SEC cross country title and was runner-up in the mile at the 1995 NCAA Indoor Track and Field Championships. In 1993, Wells was the SEC and NCAA District III Cross Country Champion. She finished 19th at the 1993 NCAA Cross Country Championships to earn All-America honors. Wells placed seventh in the mile run at the 1994 NCAA Indoor Track and Field Championships, earning a total of three All-America honors as a freshman. She also won the 1993 USA Junior Cross Country title.

Honors/Awards

- ☐ Seven-time All-America Track and Cross Country Runner
- ☐ Winner of 15 state titles while competing at Dickinson High School
- ☐ Winner of six high school and junior national titles
- ☐ 1992: Gold medalist in the 800m, 1,500m, and 3,000m at the Junior Olympics
- ☐ 1993: Winner in the 1,500m at the USA Track and Field Junior National Championships
- ☐ 1993: Runner-up in the 1,500m at the Pan American Junior Games

Clint Wells

Considered one of the top Indian runners in America, Wells qualified for the U.S. Olympic trials in Atlanta June to compete for a spot on the U.S. national team. His specialty is the 3,000-m steeplechase and 1996 has been a great year for this distance runner. Wells placed fifth at the NCAA Outdoor Championships and second in the Big Eight Outdoor Championships. At the Mt. SAC Relays in April 1996, he ran his fastest time in the steeplechase of 8:37 which is the second fastest time in the history of Colorado track.

In 1995, Wells placed seventh in the 3,000-m steeplechase at the NCAA Outdoor Championships. He blossomed in the outdoor season, with a first-place finish in the steeplechase at the Mt. SAC Relays and a first-place effort in the 5,000-m at the Colorado Classic. During the indoor season, Wells placed second at the Kansas Invitational and third as the U S West Invitational in the 3,000-m.

As a collegiate rookie in 1994, Wells had two marks during the indoor season, finishing third in the mile at the Rocky Mountain Cup and sixth in his preliminary heat in the mile at the Big Eights. Well's outdoor season was highlighted by 15th and fourth-place finishes in the 1,500-m at the Stanford Track and Field Festival and CU All-Comers Meet, respectively.

Honors/Awards:

- 4-time All-America: twice in cross country and twice in track
- A two-mile and mile state champion his junior and senior seasons
- Individual state cross country champion his senior year

Jamie Whiteman

After completing a stellar prep career at Midwest City High School, Jamie Whiteman stepped into a starting position for Oklahoma City University as a freshman and helped lead the team to its third straight national championship. The center fielder wasted little time in adding to her personal resume. She earned All-Section honors as a freshman.

Whiteman may have saved her most impressive performance of the season for the national championship tournament. She hit .368 with six runs scored, one home run and four runs batted in as OCU was winning an unprecedented third NAIA crown. As a freshman, she has 75 hits with five home runs and 37 runs batted in.

Photo by Sherry Kast

Honors/Awards

- 1996: All-Oklahoma Section

"I encourage all young student-athletes to study hard and to play to the best of their abilities."

Tribe: Crow
Sport: Softbal
College Oklaho City Univer

Tandy Wilbur

A forward for Oklahoma City University, Tandy Wilbur helped his team to the 1995-96 NAIA National Championship during his senior year.

Wilbur is a tenacious rebounder who was a key player off the bench for OCU as a junior during the 1994-95 season. That year, OCU had an overall record of 30-3, won the Sooner Athletic Conference and advanced to the quarterfinals of the 1995 NAIA Division I Championships.

Wilbur transferred to OCU from Lower Columbia College in Washington where he led his team to league titles in 1992-93 and 1993-94. He averaged 16 points, nine rebounds and two blocked shots as a sophomore and 14 points, 10 rebounds and two blocked shots as a freshman. Wilbur was an All-State pick in 1994.

At the 1996 National Indian Athletic Association Basketball Championships, Wilbur was a member of the UNITY team that went 5-0 through the winner's bracket and won the championship title.

Eric Woolley

Eric Woolley is probably Southeastern Oklahoma State University's best defender. A versatile player from Sulphur High School, Woolley saw action at both forward and center positions for Southeastern during the 1995-96 season and helped his team advance to the NAIA Tournament. As a sophomore, his intensity and work ethic during games and practice was a major factor in his winning the team's Mr. Hustle award for the 1994-95 season.

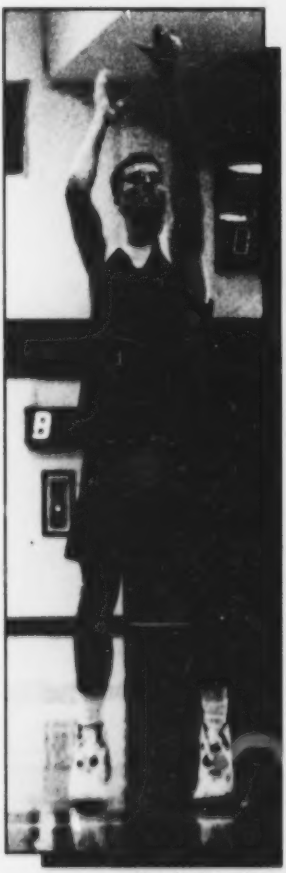


Photo by Sherry Kast

In the 1994-95 season, Woolley shot 46.4% from the floor and 61.1% from the free throw line. He averaged 5.7 points per game. As a freshman, he shot 52.5% and averaged 2.8 points per game.

Woolley plans to graduate from Southeastern with a degree in biology/chemistry and go on to medical school.

In April 1996, Woolley was a member of the UNITY team that won the National Indian Athletic Association Basketball Championship in Phoenix, Arizona and the 1995 North American Indigenous Games gold medal.

Lawrence Yazzie

By consistently putting forth maximum effort on the court and in the classroom, Lawrence Yazzie has been recruited to play basketball for the Air Force Academy during the 1995-96 season. At the Air Force Academy, Yazzie plans to pursue a degree in electrical engineering.

Yazzie averaged 25 points per game as a guard/forward for Tuba City High School in the 1994-95 season. Mid-season, he transferred to Window Rock High School when his dad took a new job in that city.

At Window Rock, Yazzie elevated his game to a new level and helped lead his team to victory in the Class 3-A State Championship. He was named to 1st Team, All-State, Class 3-A; 1st Team, All-Conference; 1st Team, *Navajo Times* All-Area All-Stars; All-State, Class 3-A Player; and All-America Basketball Team, Honorable Mention.

Yazzie has instilled enthusiasm for basketball in the youth of Window Rock and Tuba City, not only by his performance on the court, but also by assisting in conducting basketball clinics for junior high students.

Honors/Awards

- 1994-95: NHS/ACA All American, Honorable Mention
- 1994-95: State Championship Team 3-A
- 1994-95: 1st Team All-State, Class 3-A
- 1994-95 and 1993-94: 1st Team All-Conference
- 1994-95 and 1993-94: All-State 3-A Player
- 1994-95 and 1993-94: *Navajo Times* All-Area All Stars, 1st Team

UNITY Team

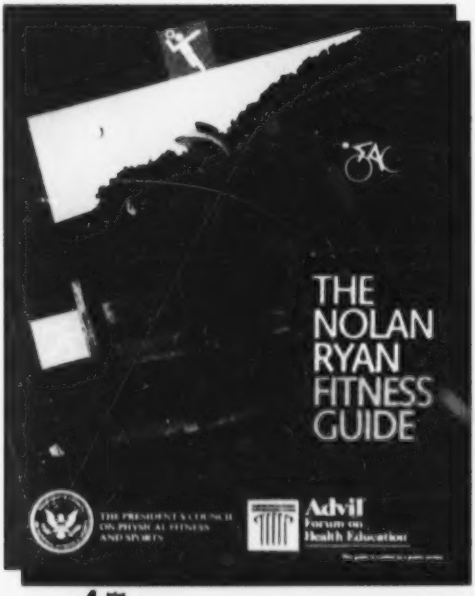
The UNITY team won the 1996 National championship of the National Indian Athletic Association's tournament in Phoenix, Arizona. The five starters, Ryan Adudell, Greg Factor, Notch Neves, Tandy Wilbur and Eric Woolley, all recently played at the collegiate level and are profiled on the previous pages. In addition to featuring college athletes, the team strives to promote healthy lifestyles free from alcohol and drug abuse. UNITY also won the gold medal in the senior men's division of the 1995 North American Indigenous Games.

The Nolan Ryan Fitness Guide

The President's Council on Physical Fitness and Sports presents "The Nolan Ryan Fitness Guide."

The goal at the President's Council on Physical Fitness and Sports is to Get America Moving! While most Americans know that physical activity is enjoyable, fewer Americans are getting active physically. "The Nolan Ryan Fitness Guide" is an ideal way of reaching vast numbers of less active Americans.

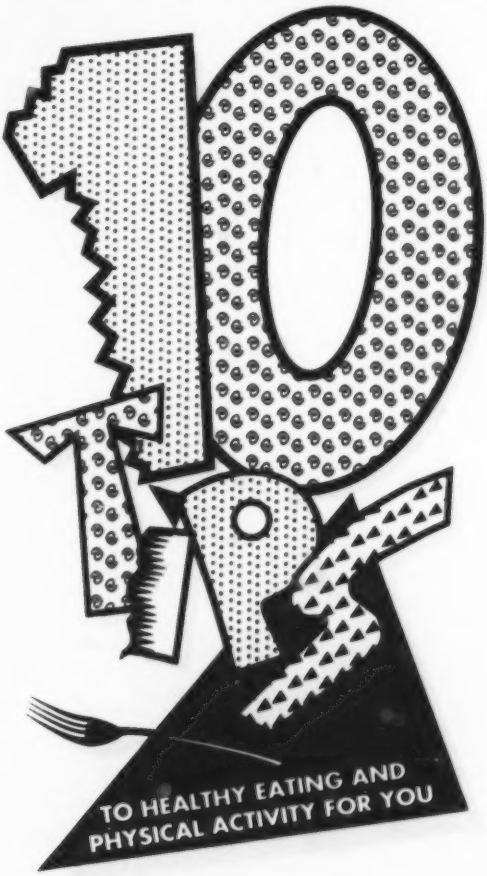
This book, brought to you by the President's Council on Physical Fitness and Sports and the Advil Forum on Health Education, will make a difference! "The Nolan Ryan Fitness Guide" will make a profound difference in the life of any reader who takes its simple message to heart: Get up and get active!



To receive a single, free copy of the Nolan Ryan Fitness Guide, write:

Nolan Ryan Fitness Guide
P.O. Box 22091
Albany, New York 12201-2091

Nutrition



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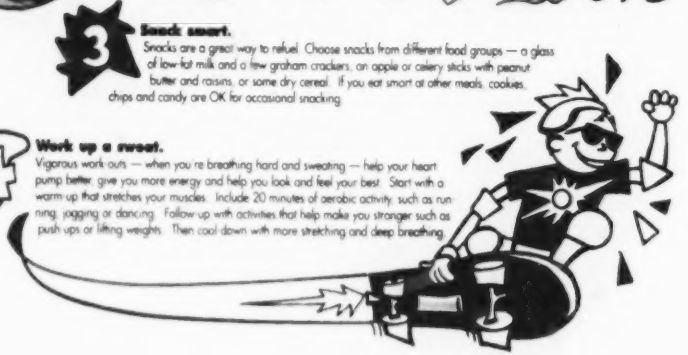
10 TIPS

to healthy eating and physical activity for you

1 Start your day with breakfast.
Breakfast fills your "empty tank" to get you going after a long night without food. And it can help you do better in school. Easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole wheat toast with peanut butter, yogurt with fruit, whole grain waffles or even last night's pizza!

2 Get Moving!
It's easy to fit physical activities into your daily routine. Walk, bike or jog to see friends. Take a 10-minute activity break every hour while you read, do homework or watch TV. Climb stairs instead of taking an escalator or elevator. Try to do these things for a total of 30 minutes every day.



3 Snack smart.
Snacks are a great way to refuel. Choose snacks from different food groups — a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal. If you eat smart at other meals, cookies, chips and candy are OK for occasional snacking.

4 Work up a sweat.
Vigorous work outs — when you're breathing hard and sweating — help your heart pump better, give you more energy and help you look and feel your best. Start with a warm up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging or dancing. Follow up with activities that help make you stronger such as push ups or lifting weights. Then cool down with more stretching and deep breathing.

5 **Balance your food choices — don't eat too much of any one thing.** You don't have to give up foods like hamburgers, french fries and ice cream to eat healthfully. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods. Balancing food choices from the Food Guide Pyramid and checking out the Nutrition Facts Panel on food labels will help you get all these nutrients.

6 **Get fit with friends or family.** Being active is much more fun with friends or family. Encourage others to join you and plan one special physical activity event like a bike ride or hiking, with a group each week.

7 **Eat more grains, fruits and vegetables.** These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides, they taste good! Try breads such as whole wheat, bagels and pita. Spaghetti and oatmeal are also in the grain group.

Bananas, strawberries and melons are some great tasting fruits. Try vegetables raw, on a sandwich or in a salad.

8 **Join in physical activities at school.** Whether you take a physical education class or do other physical activities at school, such as intramural sports, structured activities are a sure way to feel good, look good and stay physically fit.

9 **Foods aren't good or bad.** A healthy eating style is like a puzzle with many parts. Each part — or food — is different. Some foods may have more fat, sugar or salt while others may have more vitamins or fiber. There is a place for all these foods. What makes a diet good or bad is how foods fit together. Balancing your choices is important. Fit in a higher fat food, like pepperoni pizza, at dinner by choosing lower fat foods at other meals. And don't forget about moderation. If two pieces of pizza fill you up, you don't need a third.

10 **Make healthy eating and physical activities fun!** Take advantage of physical activities you and your friends enjoy doing together and eat the foods you like. Be adventurous — try new sports, games and other activities as well as new foods. You'll grow stronger, play longer, and look and feel better! Set realistic goals — don't try changing too much at once.

Food Guide

Food Guide Pyramid
Fats, Oils & Sweets
USE SPARINGLY
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS
Fruit Group
2-4 SERVINGS
Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS
Easy — These symbols show fat and added sugars in foods
Fat naturally occurring and added
Sugars added

The Food Guide Pyramid is a practical tool to help you make food choices that are consistent with the Dietary Guidelines for Americans. Using the Pyramid enables you to eat a variety of foods daily so that you can get the nutrients you need.

To make the most of the Pyramid, you need to know what counts as a serving.

Food Group	Serving Size
Vegetable	1 cup raw leafy vegetables, ½ cup cooked or chopped raw vegetables or ½ cup vegetable juice
Bread	1 slice bread, ½ bagel or English muffin, 1 ounce ready-to-eat cereal, ½ cup cooked cereal, rice or pasta, or 5-6 small crackers
Fruit	1 medium piece of fruit, ½ cup mixed fruit or ½ cup fruit juice
Milk	1 cup milk or yogurt, 1½ ounces natural cheese or 2 ounces process cheese
Meat	2 - 3 ounces cooked lean meat, poultry or fish (about the size of a deck of cards). Other foods which count as 1 ounce meat: ½ cup cooked dry beans, 1 egg, 2 tablespoons peanut butter or ½ cup nuts

Sit Sparingly
watch TV, play computer games
2-3 Times per Week
Enjoy Leisure Activities
golf, bowling, yardwork
3-5 Times per Week
Do Aerobic Activities
jog, walk, swimming, biking
2-3 Times per Week
Stretch, Strengthen
Sit-ups, push-ups, weight training
Everyday make extra steps in your day:
take the stairs instead of the escalator, walk or ride your bike instead of getting a ride
Activity Pyramid

IF YOU ARE INACTIVE:
(Haven't thought about activity in years)
Increase daily activities at the base of the Activity Pyramid by:
- taking the stairs
- hiding the TV remote control
- making extra trips around the house or yard
- stretching while standing in line
- walking whenever you can

SPORADIC
(Active in summer, but not in the winter)
Become consistent with activity by increasing activity in the middle of the Pyramid by:
- finding activities you enjoy
- planning activities in your day
- setting realistic goals

CONSISTENT
(Active most of the time, or at least four times a week)
Think about the long term as you move throughout the Pyramid by:
- changing your routine if you start to get bored
- exploring new activities

BEST COPY AVAILABLE

Acknowledgements

Give It Your Best! has been developed and published by United National Indian Tribal Youth, Inc. (UNITY). Based in Oklahoma City, UNITY is a national, non-profit 501(c)(3) organization serving American Indian and Alaska Native youth.

UNITY's mission is to foster the spiritual, mental, physical and social development of American Indian and Alaska Native youth and to help build a strong, unified Native America through involvement of its youth.

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SGMA.

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